

**BETHESDA LUTHERAN CHURCH  
23406 56TH AVENUE WEST  
MOUNTLAKE TERRACE, WA 98043  
425-778-6390**

**EDUCATION HOUR - 9:00 AM  
WORSHIP - 10:15 AM**

**Pastor: Malcolm Brown  
Sno-King Cluster Intern: Diana Bottin  
Church of the Beloved: Ryan Marsh—Deployed**

**Change Service Requested**

**NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
Mountlake Terrace, WA  
PERMIT #10**

# BETHESDA OUTLOOK



**FEBRUARY, 2008**



**FEBRUARY 6<sup>TH</sup> ~ 7PM**

**ASH WEDNESDAY SERVICE  
IMPOSITION OF ASHES  
AND COMMUNION**

**WEDNESDAY'S IN LENT**

**FEBRUARY 13<sup>TH</sup>, 20<sup>TH</sup>, 27<sup>TH</sup> &  
MARCH 5<sup>TH</sup> & 12<sup>TH</sup>**

**6PM ~ SOUP SUPPER  
*PLEASE SIGN UP IN  
FELLOWSHIP HALL***

**7PM ~ HOLDEN EVENING  
PRAYER WITH A SHORT  
LENTEN MESSAGE**

Christ's 40 days in the wilderness. Preparation for Holy Week and Easter! Hey, you better get your several days of merriment and partying in soon—Ash Wednesday, February 6, begins Lent—earlier this year. Easter is in March—the only holy day that keeps moving around the calendar.

In various parts of the world, these pre-Lenten festivals are called carnival or “fasching” or Mardi Gras, ending on the day before Ash Wednesday—Shrove Tuesday. Shrove is a middle English word meaning confession, originally a day for confessing one’s sins before the beginning of Lent. Often called Fat Tuesday as that was the traditional day for using up the last bit of fat before Lent. Many often continue to celebrate Shrove Tuesday with a pancake supper, fasnachts or doughnuts. Some places have a pancake tossing rivalry but few of us actually realize 40 days of fasting. What would you give up? Chocolate? Ice cream? Hash browns? Make pretzels during Lent. Since Christians in the Roman empire did not eat eggs, dairy products, or fat during Lent, they made a dough of flour, salt and water. They shaped the dough to resemble two arms crossed in prayer to remind them of the prayerful attitude they should have for Lent.

“Nuf heavy, heavy! Cold outside, sun’s shining, sheets are drying on the line and hear the birds chirping for food—particularly the jay—he really squawks! I think these cold days have some sorry they didn’t go south this winter—particularly robins I see food hunting in our yard. Do you know why robins have their bright red breast? According to an old English legend, robins were originally brown. But when Jesus was dying on the cross, a robin flew to his side and sang to him, hoping to comfort him in his agony. The blood from Christ’s wounds flowed onto the bird’s breast, and from that day, all male robins have carried that red badge of honor! School’s over.

20 students. With than, farming, raising cows and pigs, brewing her own beer (what?) she earned almost as much as her professorial husband. Luther knew she was no dummy, recognizing her success and independence, and in his will, appointed her sole heir and guardian of the children. Whoops! One didn't do that in those days—unthinkable and illegal. Now she needed to have a guardian appointed to her, and she selected a far away relative. Powers that be said “no dice!”, so she selected Philip Melancthon (another priest activist and reformer) who agreed but more or less let her do as she pleased.

‘Nuf of Katie. How about St. Valentine who has his head cut off because of his Christian beliefs. Some think that Valentine fell in love with his jailer’s daughter and wrote her letters, voila—valentines! That day is approaching but try to find a better way of celebrating than buying lots of candy and a bag of valentines—”Christmas commercialism” all over again. Remember when we’d make our valentines—red paper, white doilies and “love” messages for family to put in that box in school, your secret “crush” or pal? This year, try to remember someone who may not receive a valentine—service men, prisoners, someone homebound or living in a nursing home—a solitary elderly neighbor... No candy? Make cranberry bread from a box mix or red finger gelatin cut into heart shapes with a cookie cutter. A day of love, caring and remembrance.

Maya Angelou has written “*We need joy as we need air. We need love as we need water. We need each other as we need the earth we share. We are blessed that there is within our reach enough of all we need.*” What is more appropriate for a quiet time of meditation on the meaning of Christ in our lives. Traditionally 40 days, excluding Sundays, beginning with Ash Wednesday, and ending with the day before Easter, Lent is a time of fasting, self-denial, and devotion among Christians as we commemorate

## Sunday Lenten Preaching Series- “Reclaiming the ‘L’ Word”

*Renewing the Church from its Lutheran Core.*

*“How we do things does matter. But that’s not the real issue. The real issue is who we ARE. Are we the people who are so confident in God’s love and grace that we are able to try new things and welcome new people and embrace new ideas and dream new dreams? Are we clear enough about what we are being called to do and to be that we are willing to set off on whatever new adventure God calls us to?” (Kelly Fryer, **Reclaiming the ‘L’ Word**, Introduction page 13).*

Pastor Diana and I will be preaching on 5 themes from this book, written by Kelly Fryer, as we as a congregation prayerfully seek to embrace new people and ideas and dream with confidence about where God is calling us to! (Kelly Fryer was one of my teachers and mentors while I was at Luther Seminary.) I will begin on February 10<sup>th</sup> and Pastor Diana and I then preach on alternate Sundays during Lent. The Bethesda Church Council has each received a copy of this book and we have been reading and discussing its chapters since our October Retreat. I invite you to ask them about this book and what they have learned from reading it.

These 5 themes are really and more rightly called:  
**‘Five Guiding Principles’**


**Feb. 10<sup>th</sup>, 2008 – “Jesus is LORD”**

**Feb. 17<sup>th</sup>, 2008 – “Everyone is Welcome”**

**Feb. 24<sup>th</sup>, 2008 – “Love Changes People”**

**March 2<sup>nd</sup>, 2008- “Everybody has Something to Offer”**

**March 9<sup>th</sup>, 2008 – “The World Needs What we have to Offer”**

The ‘Five Guiding Principles’ are for us a framework, a way to begin an understanding about who we are as Christians first and as Lutheran’s second. It is a way for us to begin a conversation here at Bethesda about this God who has come down and who always comes **DOWN**.  “Jesus came down here and went to the cross for us, so that we could be free enough to live again. In this crazy way, God, ‘proves his love for us!’ It was this wonderful

truth that Martin Luther and the Reformers rediscovered 500 years ago. And, frankly, this truth is the thing that mattered the most to them. It is the bottom line of what it means to be a Lutheran. It is the framework for everything else we say and do and are. It is a starting point.” (Kelly Fryer, *Reclaiming the ‘L’ Word*, page 34).

So we too will begin with this same starting point in our conversations about who we are called to be in this time and place and to understand this God who always comes down. As a council we have begun with two questions: “**Who is God calling us to be?** Or *Who are we and what is our PURPOSE? What is God calling us to do?* Or *What are our GOALS?*”

We will begin to wrestle and answer these questions from the values of these guiding principles. We will talk a lot about what is deeply and truly important to us. They are a place to begin wrestling with our future by defining the core of who we are. A way to take the treasures of being Christian and Lutheran and putting back away up in the attic trunk, (or maybe even burying those ways of being, with a memorial and time of grieving), that which *is not* part of this core of essential beliefs.

These ‘*guiding principles*’ are short and may seem simple, but in fact these principles will provide us with direction at every turning point and will be a help in every disagreement. We will work through them as a council and on Sunday mornings. We may even need to modify a few words or reshape the language of one or more of the principles as we listen to God and begin to say that these ring right and true for us here in Mountlake Terrace in the 21<sup>st</sup> century.

Let us begin to wrestle with them, test them, restate them, add to them, and come to our own conclusions on the basis of scripture, prayer and how we understand our rich tradition, of what it means *for us* at Bethesda, today, to be God’s people in Christ. “*We believe these principles are faithful to the Scriptures and to our confessional heritage. This is our way of answering the question “Who are we?”*” (Kelly Fryer, *Reclaiming the ‘L’ Word*, page 36).

Grace and peace as we journey to the cross together this Lent!

Pastor Malcolm

## THOUGHTS FOR THE MONTH

Jeanne Krahm

February—a leap year, Valentine’s Day, Ash Wednesday on the 6<sup>th</sup> begins our Lent, President’s birthdays, Ground-hogs Day, etc., etc. How can we crowd so much into so few days? I’m still wound up on Luther and Katie’s love story—fascination for us history geeks but what do we really know? Particularly because in the 16<sup>th</sup> century women were seen but not heard. Nothing ever found has been written by them, only about them. Even the writing in her Bible was by Luther. After Martin Luther’s death in 1546, she was sort of dropped from the ‘news’, only a brief obit about her “special life”. Daughter of minor poor nobility, no one knows if she could write, but being a nun she had to read. Story goes when Luther asked her to read his Biblical translation, she wasn’t interested. Being winter with nothing to do in the fields, Luther offered her 50 guilders from his professor’s salary of 250 guilders. How much now a days?

It was a time when, if parents figured they didn’t have enough money for the daughter’s dowry, off the daughter goes to a convent. Katharina von Bora entered as a 6 year old student receiving an education and healthier long life. Things do happen and Easter of 1523, 12 nuns left the Nimbschen convent, a dangerous move. Three returned to their families, nine could not, including von Bora. Entering a convent was considered a permanent decision removing the woman from her family. A 6 year old decided that? Supposedly none of her von Bora family even attended Katharina’s wedding. In the 16<sup>th</sup> century love was not a factor of a marriage, maybe later. Where was St. Valentine? It was all a business arrangement between families. The Reformation “stirred the pot” and most of the nuns who left the convent were soon married. By 1525 most Protestant pastors had married, even Luther. By 1527, Katharina had established a household in a former monastery, with enough room to run a student hostel with



# RECIPE PAGE

## Banana Upside Down Cake

from Jeanne Krahn

This is a great year-round cake, because bananas are always readily available.

3 small to medium-sized bananas  
2 cups sugar  
½ stick unsalted butter  
1 ½ cups all-purpose flour  
2 tsp baking powder  
½ teaspoon salt  
½ cup clarified butter  
2 eggs  
½ cup buttermilk  
1-teaspoon vanilla

Preheat oven to 325 °. Halve bananas lengthwise, then crosswise. In a saucepan, combine 1-cup sugar with about 2 Tablespoons water (so the mixture looks like damp sand). Melt over high heat, swirling the pan occasionally, until the sugar caramelizes. When the caramel is dark amber, add the butter and stir to combine. Pour mixture immediately into an 8-inch cake pan. Arrange the bananas in the caramel, cut-side down.

Sift the flour, baking powder and salt: set aside. In a mixer, using the whisk attachment, combine the remaining sugar and the clarified butter. With the mixer on low, add the eggs, one at a time. Add the buttermilk and vanilla. Add the flour mixture to the batter a third at a time. Pour the batter over the bananas and bake until the cake springs back and begins to pull away from the sides, about 50 minutes. Allow the cake to cool for 5 minutes, then invert onto a serving plate. Serve warm or at room temperature.

Brothers and Sisters in Christ - **Thank You,**

Thank you for who you are and for your generous gift and your generosity of spirit. Your generosity blesses me and humbles me and for that I am very grateful. Thank You

It is a both pleasure and a blessing to lead worship, and to worship our loving and grace filled Creator with you and as your pastor - Thank You

It is a time of grace and pure blessing to walk with you in your lives, to get to know you and to love all of you as your pastor – Thank You

It is a pleasure to serve with you in our mission field and to wonder with God how we are called to serve our world and community– Thank You.

With gratefulness and love,

Pastor Malcolm

## Thank you! Thank you! Thank you!

Your generous gifts throughout the season touched my heart deeply. As I ponder on the gifts I have received from all of you, I wondered how your generosity could continue to bless others. I have combined all the monetary gifts that came my way from my family at Bethesda. In light of this being Heifer International Month, Chris and I have decided to purchase shares of animals through Heifer International. Your gifts are now blessing others through a share of a heifer, a sheep, a llama, a goat, a pig, bees, rabbits, and a flock of chickens. If you would like to see these purchases and how they help others, view the display on the south wall of the fellowship hall. If you would like to share in the purchase of any of the above animals please visit [www.heifer.org](http://www.heifer.org). Again thank you and know that your gifts have deeply touched and blessed us, and they are now blessing others.

Pastor Diana

# AROUND BETHESDA

## Shrove Tuesday Pancake Supper February 5<sup>th</sup> – 6:00-7:00pm

The day before the beginning of Lent is known as Shrove Tuesday. On Shrove Tuesday, many Christians make a special point of self-examination, of considering what wrongs we need to repent, (turning our hearts back towards God), and what changes and ways of life or areas of spiritual growth we need to ask God's help in dealing with.

Shrove Tuesday is also called Fat Tuesday, because on that day the fats that have been kept around such as bacon, sausage or the drippings for cooking are to be used up as they were not to be used during Lent. Since pancakes are a good and helpful way of using up fat, the day is also called Pancake Tuesday.

We invite you, your family, friends and neighbors to Bethesda's 1<sup>st</sup> **Shrove Tuesday Pancake Supper**. Please come with an appetite for pancakes, sausage and much more. A free will offering will be taken to cover the costs but there is **no** charge for the supper.



### Trinity Lutheran College Touring Ensemble

Come join us on February 10<sup>th</sup> as we welcome the Trinity Lutheran College Touring Ensemble. They will be offering us their gifts of music during our worship service. If you would like to support Trinity Lutheran College's Touring Ensemble an offering will be taken during our regular offering time. Make checks payable to Bethesda with a note indicating that it is for the Trinity Lutheran College's Touring Ensemble. These young adults have worked very hard to bring their music to us. Let's give them a huge Bethesda welcome.



## OUR 4<sup>TH</sup> ANNUAL ARTS & CRAFTS FESTIVAL

JULY 25, 26 & 27

**"RECYCLE ME!"** IS THE THEME!  
ENTER THE RECYLED ART CONTEST!  
ENTER ALL THE ART CONTESTS!

JOIN US **FRIDAY**, July 25<sup>th</sup>, NITE'S TOUR DE TERRACE PARADE, FOR FREE HOT DOGS AND HUGS!

CHECK OUT THE MANY VARIED AND UNUSAL VENDORS ON **SATURDAY, JULY 26<sup>th</sup>**. LISTEN TO THE JAMMERS! WATCH DANCE! GREET YOUR NEIGHBORS! PLAY GAMES! BUY A BOOK! GET YOUR FACE PAINTED! PARTICIPATE IN A DRUMMING CIRCLE! CONSTRUCT A DUCT-TAPE PROM DRESS! SMELL THE LUTHERAN COFFEE!

**SUNDAY, JULY 27<sup>th</sup>**, JOIN US IN THE CHURCH FELLOWSHIP HALL FOR A **"MEET THE ARTIST"** RECEPTION.

Plan to make this annual event your annual event

P.S.: WE'LL GLADLY ACCEPT YOUR VOLUNTEER TIME TO SET UP THE FESTIVAL, COOK HOTDOGS, GIVE AWAY HUGS, RUNNING A BOOTH, SETTING UP SIGNS, FINDING ARTISTS FOR OUR CONTEST.

This a great way to fulfill your stewardship duties.  
Remember: "MANY HANDS MAKE LIGHT WORK."

## **We need your cancelled postage stamps!!!**

Saving your stamps and turning them over to Maxine Helms, our coffee queen, helps provide world relief and financial aid for lots of different organizations all over the world (including Mountlake Terrace).

**Signe Richter** has moved to Wenatchee to be near her daughters and grandchildren. Letters and cards wishing her good luck would be super. Let her know how valuable she has been to our Bethesda Community. Share a special memory. Signe was a member of Bethesda for years. She served on the hospitality committee and always had a smile for all. Signe's new address is:

655 4th St. NE, #A202  
East Wenatchee, WA 98802

## **ACTION INTERNATIONAL MINISTRIES AND ANGIE LAUER**

We have a wonderful display in the social hall with letters and photos from Angie. Please take a moment to read her delightful stories and hear the sadness about the war in Kenya.

**We can make a difference!** Please fill our box with hygiene kit items, scarves, ties, devotional books, bibles and suitcases. Financial donations are also welcome.

I told my dental hygienist about the hygiene kits and she very graciously gave me a box of toothbrushes! Think about asking your dentist for a donation. Maybe your favorite drug store will donate some toothpaste! **Ask and ye shall receive!!**



## **WOMEN'S FELLOWSHIP**

*The Babies of the Boomer  
Generation*

*Our little group of almost  
40&50 something's are  
gathering together again for  
fellowship and talk.*

*Please join us!*

*Date: Sat. 2/16/2008*

*Time: 2:00 PM*

*Daverthumps Pub  
19720 44th Ave W  
Lynnwood WA*

*No Meal Purchase Necessary*

*Charlie Brown 206-361-2542  
Judy Rasmussen 425-357-6272*

You know you're a Lutheran woman if...you know that if you don't want to be called upon to give devotions at church you'll wear a V-necked top.



## **Men's Fellowship Breakfast**

SATURDAY, FEBRUARY 16<sup>TH</sup>

8:00—10:00 A.M.

BETHESDA LUTHERAN CHURCH  
FELLOWSHIP HALL

## Sunday Adult Education

Who is Peter? This is your chance to learn more about the life of Apostle Peter. February 3<sup>rd</sup> – March 2<sup>nd</sup> from 9:00-9:45. In 5 weeks we will look at *The Life of Apostle Peter* as Rick Steves recounts the story of Peter from his early days as a fisherman through his three-year adventure with Jesus to the tumultuous events surrounding Jesus' death and resurrection.

I know we have not had an adult study time on Sunday's for quite some time, but one of my requirements for internship is leading through teaching. In your attendance you would not only be learning more about the Apostle Peter, but you will also be helping me to work on how I lead through teaching.

Pastor Diana

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## HAPPY VALENTINE'S DAY TO BETHESDA!

Thank you, dear Bethesda, for naming me, Dena Lee-Cumming, for the Hall of Fame, 2007! I am very honored. It is with great joy, delight and grace that I might continue to serve Bethesda and our Mountlake Terrace community in the years to come.

Love changes things. God always comes down. Grace is abundant and very physical. Being a Lutheran helps. Jesus rocks.

I hope I have changed you as much as you have changed me.

Your devoted sister in Christ,

Dena Lee

## BETHESDA LUTHERAN CHURCH – POOL PARTY

**Bring a friend – we have rented the  
WHOLE pool!**

**Friday- February 29, 2008**  
**6pm- 7:05pm – Swim**  
**7pm-8pm – Potluck at the Church**

MLT pool boasts several different water depths, so there's something for everybody! Features include shallow leisure area with a fun island and plumbed spray toys, a lazy river, deep water and shallow lanes. Pool rentals include tubes, mats, basketball hoop, water walk, noodles, lifejackets and a variety of floating toys.

**Sign up sheet will be downstairs – bring a friend!**



Please remember we need to have enough adults in the water. Please allow 1 adult for every 2 children under the ages of 3 and 1 adult for every 5 children from the ages of 3-5 years.